

Double Twist (P)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate partner dance
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音乐: Babalou - The Tractors



Position: Double Hand Hold; (never let go of hands); Opposite Footwork. (Man starts with Left, Lady with Right.)

VINE, ¼ TURN, HEEL, ½ TURN, HEEL, ¼ TURN, TOUCH

- 1-4 **MAN:** Step left, step right behind left, step on left (turning ¼ left), touch right heel forward
LADY: Step right, step left behind right, step on right (turning ¼ left) touch left heel forward
- 5-8 **MAN:** Step on right (turning ½ right), touch left heel forward, step left (turning ¼ left), touch right toe at instep (bring arms out to your sides at waist level when doing turns)
LADY: Step on left (turning ½ right), touch right heel forward, step right (turning ¼ left) touch left toe at instep (now facing partner)

VINE, ¼ TURN, HEEL, ½ TURN, HEEL, ¼ TURN, TOUCH

- 9-12 **MAN:** Step right, step left behind right, step on right (turning ¼ left), touch left heel forward
LADY: Step left, step right behind left, step on left (turning ¼ left), touch right heel forward
- 13-16 **MAN:** Step on left (turning ½ right), touch right heel forward, step right (turning ¼ left) touch left toe at instep
LADY: Step on right (turning ½ right), touch left heel forward, step left (turning ¼ left) touch right toe at instep (now facing partner)

¼ TURN, HEEL, ANGLE STEP, TOUCH, LADY'S WRAP AND DUNK OUT

- 17-20 **MAN:** Step left (turning ¼ left), touch right heel forward, step back on right (at right angle) touch left toe at instep
LADY: Step right (turning ¼ left), touch left heel forward, step back on left (at right angle) touch right toe at instep (now facing partner)
- 21-24 **MAN:** Step left, step forward right, step forward left (turning ½ right), touch right toe at instep
Man's left arm goes over lady's head to put lady in a wrap, lady dunks down and goes under man's right arm to face him, hands are crossed, right over left
LADY: Step forward right (turning ½ left), step back on left, step back on right, touch left toe at instep (now facing partner)

LADY'S WRAP, TOUCH, UNWIND LADY, HEEL

- 25-28 **Man:** Step RIGHT, step forward LEFT, step forward RIGHT (turning ½ LEFT) touch LEFT at instep
Hands go up and over lady's head, bringing back down to wrap position, lady in front of man, back to belly
LADY: Step forward left, step forward right, step forward left, touch right toe at instep
- 29-32 **MAN:** Step forward left (at a right angle), step right together, step left in place, touch right heel forward
Man's left, lady's right, hands go over lady's head as she turns and ends up in left shoulder to left shoulder parallel, with arms at waist level
LADY: Step back on right (turning ½ right), step left in place, step right in place, touch left heel forward

PIN WHEEL WALK, VINE ACROSS

- 33-36 **MAN:** Walk forward right, left, right pin wheeling ½ counter to the right or left, touch left heel forward
LADY: Walk forward left, right, left pin wheeling ½ counter to the right or left, touch right heel forward
- 37-40 **MAN:** Step left, step right behind left, step left, touch right heel forward (now right shoulder to right shoulder parallel, with arms at waist level)

LADY: Step right behind, step left, step right next to left, touch left heel forward

TURN ½, HEEL, TURN ½, HEEL, TURN ¼, TOUCH, STEP IN FRONT

41-44 **MAN:** Step on right (turning ½ right), touch left heel forward, step on left (turning ½l) touch right heel forward

LADY: Step on left (turning ½ right), touch right heel forward, step on right (turning ½ left) touch left heel forward

45-48 **MAN:** Step on right (turning ¼ right), touch left at instep, (back in double hand hold) step left, step right in front of left

LADY: Step on left (turning ¼ right), touch right at instep, (back in double hand hold) step right, step left in front of right

REPEAT
